

EQUIFORMANCE POSTURE SLINGS - FREQUENTLY ASKED QUESTIONS

1. HOW DO THE BANDS WORK?

Resistance band training has been around since the early 20th century and is widely used as part of both fitness and strength training. Sling exercise therapy (SET) training is a newly developed training method, which demonstrates the effects on enhancing deep stabilizing musculature, neuromuscular control and decreasing musculoskeletal complications. Anatomy slings were first described by Vleeming - as muscles, fascia and ligaments all working together to create stability and mobility.

SET of the Rider on the Horse is a functional open kinetic chain type of rider exercise training and addresses the principle of strengthening the core musculature of the body through instability training of the body's slings. It has been demonstrated that SET training has a positive effect on balance, force and velocity, suggesting that training core musculature through SET improves energy transfer from proximal to distal segments - exactly the full functional balance needed during riding.

2. WHO SHOULD USE THEM?

Anybody wanting to develop and improve their postural stability in the saddle.

3. HOW LONG SHOULD I WEAR THEM FOR?

Every Rider is different depending on their current specific postural strength and conditioning. An experienced rider will be able to remain in the bands for much longer than an amateur level rider to begin. We recommend spending 15-20mins in the bands to begin and slowly working up your timeframe as your postural conditioning improves.

4. HOW DOES THE SIZING WORK?

The bands come in 3 different sizing categories:

- a) Under 5'4 (Under 165cm)
- b) 5'5 - 5'7 (166 - 175cm)
- c) 5'8+ (Over 176cm)

5. WHAT COMES IN A KIT?

Each Kit is separated via specific Rider height categories. Your specific Height based Kit will include: Level 1 & Level 2 Resistance Bands pairs, x1 pair of Shoulder Supports, x1 Instructional Pamphlet with a link to a private YouTube "How To" educational video.

The Trainer Kit includes every Rider Height category in Level 1 & 2 resistances (x6 pairs of bands), x1 pair of Shoulder Supports, x1 Instructional Pamphlet with a link to a private YouTube "How To" educational video.

6. CAN'T I JUST USE NORMAL THERABAND?

By all means you could use generic theraband if you wish.

Following thousands of trials we have taken the calculation process out of the equation for you and custom designed specific lengths, widths and resistance levels which work in the best ranges as functional strength and conditioning parameters for the Rider. Theraband is difficult to get at an exact measurement for both slings due to having to tie them in a knot to secure together, which can be uneven or possibly come untied. They also tend to tear and perish very quickly.

7. WHAT HAPPENS IF I FALL OFF?

The bands will not either stop you falling off, nor cause you to fall off. If you were going to fall off without bands on, you will likely still fall off with the bands on. These bands have a loading breaking point which will cause them to tear if they happen to become snagged on a fence or under an excessive forced load. That being said commonsense from the rider is paramount. For safety purposes it is not recommended to use this system on a horse which is known to be highly unpredictable eg Buck or Rear.

8. CAN I USE IT ON A YOUNG HORSE?

Again common sense of the Rider prevails and you should always be supervised whilst working with a young horse, whether in bands or not.

9. ARE THERE ANY INJURIES OR REASONS YOU SHOULDN'T USE THEM?

This is a functional postural strength and conditioning training system for Equestrian Riders. You should be in good health and free from any injuries before beginning any new type of training program.

10. CAN I JUMP TRAIN IN THEM?

Yes you absolutely can train your functional stability whilst jumping in bands, but again common sense of the Rider prevails and you should always be supervised whilst working on jump training exercises whilst utilizing bands. If you are jumping then you should generally go down a size due to the increased hip flexion angle of the rider.

11. WHAT GAITS CAN I TRAIN IN WITH THE BANDS IN? CAN I ONLY WALK? IS THERE A DIFFERENCE BETWEEN RISING/POSTING TROT VS SITTING TROT?

You can train as per normal utilizing the Equiformance Posture Slings. They are specifically designed to be used as a training tool to enhance your postural strength and conditioning as a rider in the saddle. You will gain the most postural conditioning working in the sitting trot, but you can by all means also rise/post the trot too.

12. ARE THE BANDS SUITABLE FOR A PARA RIDER?

This is very dependant on the pathology and extensity of their condition. A para rider must have full lower limb neuromuscular control and check with their medical provider before utilizing this system.